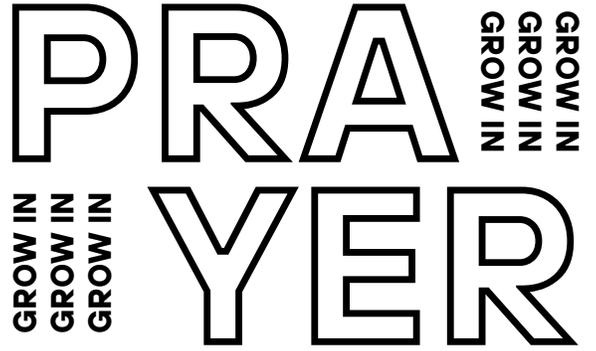


HEY FRIENDS!

Prayer is the spiritual practice of talking with and listening to God. It is more than just asking God for nourishment at a meal or a blessing at bedtime (though those are great prayers too!). Prayer is about connecting our hearts to God. Just as we talk with friends and family members with intentionality, a very important part of our faith and discipleship should include time talking with God.



Though we may know of its importance, putting prayer into practice can be challenging. You may find your busy schedule, digital distractions, or uncertainty of where to even start keeps you from fully pursuing the gift of prayer. We hope this guide will help you establish a rhythm to grow in your habit of prayer and a deeper connection with God.

This guide is designed to inspire you to grow in the habit of prayer. Specifically, we hope you grow in confidence to pray and listen to God individually and as a family.

Get Started:

Start by using the Rhythms Planner below. Choose the best time(s) and day(s) to pray – individually or as a family. Then use the guide on the following pages to help you build a rhythm of prayer.

RHYTHMS PLANNER



MORNING



MEALTIME



DRIVE TIME



BEDTIME

Leveraging the natural rhythms of your day for prayer and family discipleship is key. Circle the time(s) that work best in your family's rhythm.

THE BEST DAY FOR OUR FAMILY TO GATHER AND PRAY IS:

Circle which day(s) work best.

MON	Tue	Wed	Thu	Fri	Sat	Sun
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I (WE) COMMIT TO PRAY EVERY _____ DURING _____.



FAMILY FRIENDLY PRAYER IDEAS

Draw your prayer (*Using the Lord's Prayer as an outline*)

Praise: Name or describe a characteristic of God that causes you to be in awe.

Priorities: Acknowledge any doubt or personal agendas and ask God to remind you of his purposes for you.

Provision: What area of your life do you need to trust that God will meet your need?

Confession: Ask God to show you any areas you have sinned. Confess and receive God's forgiveness.

Trust and Protection: Express your intention to follow and obey God as he leads you away from temptation.

Pray for the world.

Wall or floor maps work great for this. Write prayers on sticky notes and place them on or around the map. You can also draw outlines of maps on butcher paper and write or draw pictures directly onto the map.

Prayer walk

This can simply be movement while praying, walking through your neighborhood, or a walk through the park. If you can get into nature, it's a great to especially focus on the attributes of God and practice listening. You can also have planned stops to pray over specific places.

ABC Prayers

Take turns praying over something that starts with each letter of the alphabet, Start with "A" and move on to the next letter for the next prayer.

Write a letter to Jesus

Write a letter as if you're writing it to a friend. Because you are!

Draw a prayer circle

Identify something that you want to pray over for your family. Draw a circle with chalk, use a hula hoop, or any other supplies. Whenever you want to pray together over your prayer point, jump, kneel, or stand in the circle together. Don't stop! Every time you see that circle or any circle, jump in and pray!

Prayer building blocks

Using any type of building blocks (Jenga, Legos, etc.) thank God for something every time you place a block on your structure.

Prayer dice

Use some dice with a prayer item assigned to each number or make a paper cube with a prayer focus written on each side, roll the cube or dice and pray over whatever is face up.

Pray through colors

You and your kids think through everything you can imagine for each of those colors and give thanks for those things.

Paper prayer chain

Write down prayers/blessings on strips of paper and build a paper chain with them. Pick up the prayer chain even after it's made to continue praying over things. You can break some of the chains when the prayers are answered! Keep adding links to the chain!

Balloon prayers

Play "Keepy Uppy" with a balloon and say something you love about Jesus or something you're thankful for each time you hit the balloon.

